

**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1- 17 canceled

Claim 18 (amended): A method for improving a golf swing using an elongated rod having an upper end and a lower end, said method comprising a user of the rod doing the following:

(a) placing said lower end of said rod on the ground in front of the user;

(b) gripping said rod with both hands;

(c) assuming the approximate position for addressing the ball; and

(d[e]) moving the user's arms to the back-swing position while maintaining said grip and keeping said lower end of said rod on the ground.

Claim 19 (amended): The method of claim 18 further comprising:

(e[f]) moving the user's arms to the finish-swing position while keeping said lower end of said rod member on the ground.

Claim 20 (amended): The method of claim 19 wherein step (e[f]) is carried out after step (d[e]).

Claim 21 (amended): The method of claim 18 further comprising:

(e[f]) while holding the back-swing position of step (d[e]), drawing the lower end of said rod progressively towards the foot on the back-swing side of the user's body.

Claim 22 (original): The method of claim 18 wherein step (b) comprises gripping said rod at a height above said user's head during.

Claim 23 (original): The method of claim 22 wherein said rod member is gripped at a position at least one inch above said user's head.

Claim 24 (original): The method of claim 18 wherein:  
step (c) includes said user standing up straight with feet approximately shoulder width apart and knees slightly flexed; and  
said arms are held straight out in front.

Claim 25 (amended): The method of claim 18 further comprising the following:  
(e[f]) while holding the back-swing position of step (d[e]), dropping towards a sitting position.

Claim 26 (original): The method of claim 18 wherein step (b) comprises right handed users gripping said rod with their right hand above the left hand, and left handed users gripping said rod with their left hand above the right hand.

Claim 27 (amended): The method of claim 18 wherein step (d[e]) comprises keeping said left arm straight during the back-swing motion as the arm moves toward the right side of the user where the user is right handed, or keeping said right arm straight during the back-swing motion as the arm moves towards the left side of the user where the user is left handed.

Claim 28 (Amended): A method for stretching using an elongated rod having an

upper end and a lower end, said method comprising the user doing the following:

- (a) placing said lower end of said rod on the ground in front of the user;
- (b) standing up straight with feet apart;
- (c) gripping said rod with both hands at about chest height or higher; and

(d[e]) moving the user's arms to a back-swing position while maintaining said grip and keeping said lower end of said rod member on the ground.

Claim 29 (amended): The method of claim 28 further comprising:

(d[f]) moving the user's arms to the finish-swing position while keeping said lower end of said rod member on the ground.

Claim 30 (amended): The method of claim 28 wherein step (d[e]) comprises keeping said left arm straight during the back-swing motion as the arm moves toward the right side of the user where the user is right handed, or keeping said right arm straight during the back-swing motion as the arm moves towards the left side of the user where the user is left handed.

Claim 31 (original): A method for stretching neck muscles using an elongated rod having an upper end and a lower end, said method comprising the user doing the following:

- (a) standing up straight with feet about shoulder width apart;
- (b) placing said rod on one side of the user approximately in line with the user's shoulder;

(c) placing the user's arm that is opposite said one side on the user's hip;

(d) gripping said rod at about shoulder height with the user's hand located on the arm on said one side;

(e) straightening said arm that is gripping said rod; and

(f) tilting the user's head towards the side away from said rod.

Claim 32 (canceled):

Claim 33 (canceled)

Claim 34 (canceled)

Claim 35 (new): The method of claim 18 wherein said rod comprises an extendable rod, said rod including first and second rod sections that are displaceable relative to one another to change the length of said device, said first and second rod sections being lockable relative to one another to fix said rod at a desired length; and

a handle positioned at said upper end of said rod to be capable of being gripped by a user.

Claim 36 (new): The method of claim 35 wherein said handle is tapered, at least over a portion of said handle, increasing in thickness in a direction away from said upper end toward said lower end.

Claim 37 (new): A device in accordance with claim 18 wherein said rod includes indicia located thereon, said indicia indicating a length of the device.

Claim 38 (new): A device in accordance with claim 18 wherein said device includes indicia located thereon, said indicia including instructions for the use of the device for purposes of stretching.

Claim 39 (new): A device in accordance with claim 35 wherein said rod includes indicia illustrating a person using the device.

Claim 40 (new): The method of claim 28 wherein said rod comprises an extendable rod, said rod including first and second rod sections that are displaceable relative to one another to change the length of said device, said first and second rod sections being lockable relative to one another to fix said rod at a desired length; and

a handle positioned at said upper end of said rod to be capable of being gripped by a user, said handle being tapered, at least over a portion of said handle, increasing in thickness in a direction away from said upper end toward said lower end.